

# **Mother's Cookbook**

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# Good Morning!

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As everyone in American society knows, breakfast is the most important meal of the day! Breakfast gives people the fuel needed to charge up so they can go about their day full of energy.



This cookbook will provide you with various breakfast options tailored to your specific diet. The recipes in the cookbook are easy to learn; you will definitely master them quickly! Remember, cooking is fun for the whole family. Let's eat!

## American Breakfast

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While the typical American spread of potatoes, fried eggs, toast and the like might seem a bit heavy compared to how other countries eat breakfast, an American breakfast is, just like the United States of America itself, number one!

**Figure 1: Leslie Knope and Ron Swanson's Breakfast Bonding**



These are a few food items that could be considered part of a traditional American breakfast:

- coffee
- milk
- tea
- juice
- breakfast cereals
- pancakes
- waffles
- sausages
- French toast
- bacon
- sweetened breads
- fresh fruits
- vegetables
- eggs
- baked beans
- muffins
- crumpets
- toast

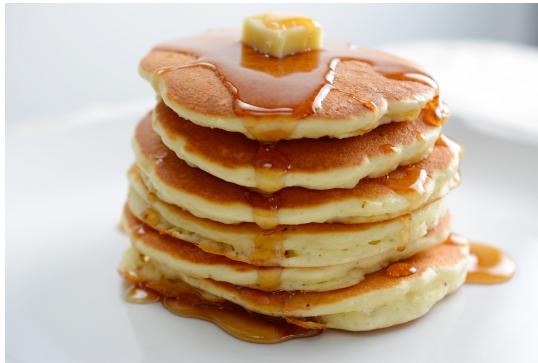
## Mom's Recipes

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### Momma's Pancake Breakfast

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This recipe is for pancakes, which are thin, flat, round cakes made by cooking batter on both sides in a skillet.



**Figure 2: Pretty, Perfect Pancakes**

You will need the following ingredients:

- 1 ½ cups of all-purpose flour
- 3 tablespoons of sugar
- 1 tablespoon of baking powder
- ¼ teaspoon of salt
- 1/8 teaspoon of freshly ground nutmeg
- 2 large eggs at room temperature
- 1 ¼ cups of milk at room temperature
- ½ teaspoon of pure vanilla extract
- 3 tablespoons of unsalted butter, plus more as needed

This recipe is adapted from the Food Network's pancake recipe.

1. Whisk together the flour, sugar, baking powder, salt, and nutmeg in a large bowl
2. Beat the eggs in another large bowl and then whisk in the milk and vanilla
3. Melt the butter in a large cast iron skillet or griddle over medium heat
4. Whisk the butter into the milk mixture
5. Add the wet ingredients to the flour mixture, and whisk until a thick batter is just formed
6. Ladle about ¼ cup of the batter onto the skillet at medium heat to make a pancake
7. Make 1 or 2 more pancakes, taking care to keep them evenly spaced apart
  - a) Cook for about 2 minutes or until bubbles break the surface of the pancakes and the undersides are golden brown
  - b) Flip with a spatula and cook about 1 minute more on the second side
8. Serve immediately and enjoy!

## **Momma's Sausage Links**

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This recipe is for sausage, which is a spicy ground meat, specifically pork, that is stuffed into a narrow tube of skin.



**Figure 3: Literally, Lovely Links**

You will need the following ingredients:

- 8 ounces of breakfast sausage (8 links)
- 2 tablespoons of water
- $\frac{1}{2}$  tablespoon of unsalted butter

This recipe is adapted from the Food Network cookbook *How to Boil Water: Life Beyond Takeout*.

1. Place the sausage in a skillet just large enough to hold them in a single layer
2. Add the water, cover, and cook over medium heat for 3 minutes
3. Uncover, add the butter, and increase the heat to high
4. Cook until sausage is golden and butter just begins to brown, about 4 minutes
5. Serve hot and enjoy!

## **Momma's Skillet-Cooked Bacon**

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This recipe is for bacon, which are thin strips of salted and smoked meat from the sides and back of a pig.



**Figure 4: Beautiful, Brown Bacon**

You will need the following ingredient:

- 8 ounces of bacon

This recipe is adapted from the Food Network cookbook *How to Boil Water: Life Beyond Takeout*.

1. Separate the strips of bacon and lay them in a single layer in a skillet
2. Set the pan over medium heat and cook until the bacon shrivels some and browns on the bottom for about 3 minutes
3. Turn the strips over and rotate them from the outside of the pan to the inside
4. Cook on the other side for about 6 minutes for the ultimate crisp-factor
5. Drain cooked bacon on a plate lined with paper towels
6. Serve hot or at room temperature and enjoy!

## **Smoothie Queen**

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This recipe is for a smoothie, which is a creamy beverage made of fruit blended with juice, milk, or yogurt.



**Figure 5: Smashing Smoothie**

You will need the following ingredients:

- 1 very ripe banana—frozen is great
- 1 cup of frozen berries, such as strawberries, raspberries, or blackberries
- $\frac{1}{2}$  cup or one 6-ounce container of plain, vanilla, or lemon low-fat, vegan yogurt
- $\frac{1}{2}$  cup of orange juice, juice blend, or chilled green tea
- 2 ounces of soft tofu(optional—for vegan smoothie drinkers)
- 1 to 2 tablespoons of honey or to taste

This recipe is adapted from the Food Network cookbook *How to Boil Water: Life Beyond Takeout*.

1. Put everything in a blender and puree until smooth
2. Pour into 2 tall glasses and serve